

## Country Time Macaroni Salad<sup>10</sup>

Number of Servings: 10 (76.96 g per serving)

Amount	Measure	Ingredient
6.00	Tbs	Dressing, mayonnaise, rducd fat, Just 2 G
4.00	tsp	Relish, pickle, sweet
1 1/2	tsp	Herb, dill weed, dried
1.00	tsp	Mustard, yellow, prep
1.00	cup	Peppers, bell, green, sweet, fresh, chpd
2/3	cup	Celery, fresh, diced
1.00	cup	Pasta, semolina, macaroni, elbow, dry
1/4	cup	Yogurt, plain, nonfat
2.00	cup	Peas, green, fzn

### Nutrients per serving

Nutrition Facts	
Serving Size (77g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 3g	
Vitamin A 15%	Vitamin C 30%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Instructions

- Boil elbow macaroni just until tendr, drain, Rinse with cold water to cool.
- Dice vegetables and combine with macaroni along with the other ingredients. Mix thoroughly and refrigerate.

Serve 1/2 cup/serving.

1/2 cup = 1 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.
- Wash raw fruits and vegetables before using them in food preparation.

Holding :

- Hold for cold service at an internal temperature of 41 F or lower.

Storing :

- Store refrigerated at an internal temperature of 40 - 45 F.